



Cowlitz County

WIC Facts: FFY 2004

Infants Born Served by WIC

County.....57.5%
Statewide..... 48.6%

Women, Infants and Children Served

Total: 5,088

Infants and children under 5..... 3,656
Pregnant, breastfeeding and postpartum women.....1,432

WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars
\$1,909,140
WIC Farmers Market Nutrition Program Food Dollars
\$16,610

WIC Families

Working families.....**56.8%**
WIC households with at least one working family member

Families living in poverty..... **75.3%**
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... **14,274**

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



WIC Attracts Families to Preventive Health Services

WIC referrals..... **30,501**

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

* Maternity Support Services

Cowlitz County

WIC Agencies and Sites

Cowlitz Family Health Center

Castlerock
Longview
Woodland

WIC Authorized Grocery Stores

Cascade Select Market
Fred Meyer
Kalama Shopping Center
Safeway
Sinnetts Market Place

St. Helen's Shopping Center
Woodland Save-On-Foods

WIC Authorized Farmers Markets

Cowlitz Community Farmers Market